



Real people.

My doctor helped me fight the flu.

"I'm 74 and have a granddaughter who I want to see graduate from college next Spring. My heart disease means I could have serious complications if I get the flu. I haven't been able to get a shot this year, so, I called my doctor for advice."

An average of 36,000 people die each year from the flu— most are 65 years of age or older.

- If you're 65 or older or have a chronic disease, ask your doctor now about steps to take before you get sick.
- If you start to feel sick, call your doctor. Early treatment may help you get better sooner.

Talk to your doctor about ways to reduce complications from the flu.

Real solutions.

Visit www.cdc.gov/flu/

Call 800-CDC-INFO; TTY: 800-243-7889

The best protection against flu is to get vaccinated when possible.

